



Power 7s Rules

High School divisions will use Federation High School Rules (NFHS) with the following exceptions; Middle School divisions will utilize the Modified Sports Standards of the US Lacrosse Rules with the following exceptions:

1. **Eligibility:** It is the responsibility of each team to ensure that all players meet age eligibility requirements for the division in which they participate, as published on the tournament website and Terms & Conditions. If a team is unable to take the field at their scheduled game time, and/or must borrow players from another team to play, they will forfeit the game, jeopardizing their playoff eligibility. Final decisions will be made by Tournament Directors.
2. **Timing:** All games will consist of one (1) 26-minute, running time period. Technical fouls will be timed at :30 and personal fouls at 1:00, both running time. All fouls released on goal scored by team with advantage.
**Note – game duration may be shortened by the mutual agreement of participating teams. Also, at the discretion of the tournament organizers, game times may be shortened due to inclement weather, or to keep the tournament on schedule. Officials may stop time at their discretion.*
3. **Gameplay:** Games will be played 7v7 – six (6) field players (Two attack, two midfield, two defense) + (1) GK. A team is permitted to have a maximum of three (3) long-sticks on the field at one time. Games will begin with a faceoff, with (1) midfielder per team lined up on the sideline. After each goal, play will restart from the crease of the team last scored on.
4. **Offsides:** Three players must remain behind the midfield line for their team to remain on-sides.
5. **Overtime:** Overtime will follow the completion of a tied game; format will be 4v4 (3+GK). No offsides enforcement. No subs. Continuous sudden victory to determine a winner.
6. **Delay of Game:** Teams may be assessed a delay of game penalty if not ready to begin play at the scheduled time; games may be shortened at the discretion of the organizers to keep game times on schedule.
7. **Weather Delay:** If a weather-related evacuation occurs, the game MAY pick-up where it left off (weather permitting), OR the game MAY be terminated, and the score recorded as is. Tournament officials will make every effort to “make-up” time, but the schedule may be delayed up to the duration of the suspension of play.
8. **Tie Breaks & Re-Seeds:** Refer to the SLV Tournament Tie-Break Formula for all divisions
9. **Timeouts:** There are NO timeouts granted in regulation or overtime. Only an official may stop the game.
10. **Advancing the Ball, Counts, & Stalling:**
 - a. **[Middle School: 2025-26]** No counts will be used for advancing the ball or stalling, unless a stall warning is initiated by officials. If a stall warning is initiated, the ball must be moved into the Offensive half within 10 seconds and kept there. In the event of Alternating Possession, discretion is left to the official(s).
 - b. **[Varsity & JV: 2021-2024]** No counts will be used for advancing the ball or stalling, unless a stall warning is initiated by officials, and possibly in the final 2 minutes (exception listed below). If a stall warning is otherwise initiated, the ball must be moved into the Offensive half within 10 seconds and kept there. **Per NFHS Rules:**
 - i. During the last 2 minutes of the game, automatic Stall Warnings will be in effect for the team leading by 4 goals or less.
 - ii. When the goal differential is 5 goals or more, or if the game is tied, there will be no automatic stall warning in the final 2 minutes of play
 - c. In the event of Alternating Possession, discretion is left to the official(s).



11. **Over and Back Rule:** Once the offensive team establishes crosses the offensive half, the ball is considered live for the over & back rules. If offense causes the ball to cross the midline, a turnover will result.
12. **Restarts:** Per NFHS Rules. The goalie shall be given a maximum of 5 seconds to return to the crease area.
13. **Slow Whistle Rule:** When a flag is thrown, the slow whistle will end if the ball hits the ground or, if below the offensive restraining line, comes above the offensive restraining line.
14. **Expulsion, Ejection, or Fighting:** To the discretion of officials and/or tournament directors, any participant (player, coach, team official, or spectator) who is ejected during tournament play, on or off the playing field, may be subject to a one or more game suspension, up to automatic disqualification from the tournament. Any player or coach called for verbal abuse will serve a one-minute unsportsmanlike conduct penalty. Continued abuse will result in ejection from the contest, and potentially the tournament.
15. **Summit Society:** All teams, coaches, players, parents and team officials must adhere to the Summit Lacrosse Society. No profanity or unsportsmanlike conduct will be tolerated. Offending team(s) may be disqualified.

SLV TOURNAMENT TIE-BREAK FORMULA: ALL DIVISIONS

In reseeding teams or in any other tie-break situation, the following tournament tie-breaker will be utilized:

1. Head to head competition; all tied teams must have played each other for this to apply;
2. Fewest goals allowed;
3. Highest goal differential, total goals scored (12 goals per game max, in a full-length game), less total goals given up; In the event of a forfeit, the score will be recorded as 13-7 for any full-length game.
 - *For shortened games, ex. CCWC, P7s, max goal differential per game will be 6. A forfeit will be recorded as 7-4.*
4. Most goals scored;
5. Coin toss

NOTE: After each level of criteria is utilized, the tie-break resets. Example: If there is a 3-way tie, and one team secures a seed/slot based on goals against, the tie-break resets to head-to-head for the next seed/slot if relevant.

In reseeding teams for the playoff rounds, the tournament will try to avoid duplicate games between teams unless the game is still in the divisional championship stream. For consolation games, staff will look to schedule opponents based on whether or not they have already played.